

# Woman's Page

## How to Fight the High Cost of Living

**Too Much Money Spent on Clothes—Grocery Bill Not Altogether To Blame For High Cost of Living—More Care in Purchasing and the Making of Clothing a Great Expense Reducer—Mothers Should Care For Lips and Teeth of Children—Bad Food and Malnutrition Cause of Bad Teeth—Recipes—Household Hints.**

### TOO MUCH SPENT ON CLOTHES

"Editor Standard Woman's Page: I believe a great many families complain of the high cost of living, not because their grocery bills are so high, but because they spend far too much on clothes. If the wife and mother possesses good judgment and a fair idea of the value and suitability of materials she can save far more in the family clothes than on the grocery bill.

"My method is to watch the papers for advertisements of sales and try to buy at an advantage. I always get my husband's shirts, underwear, and socks, material for dresses for the children and myself, and curtains on sale, and pay quite a little less than the regular price for them. For instance, I get shirts that ordinarily sell for \$1.50 for \$1.15, \$2 underwear for \$1.50, and serges and silks at a saving of from 35 to 50 cents per yard. When there are three little ones to clothe, besides my husband and I, you can see that I save many dollars a year in this way.

"Careful buying is by no means the only way to save, however, for by careful wearing and careful mending you can make a dress or suit wear as long again. A stitch in time saves nine. I reserve one day each month for cleaning and repairing. I clean and press by husband's suits and ties and clean his straw hats and consider that I save at least \$1 per month by so doing. My daughters are given muslin sacks with drawers in the tops and long enough that dresses may hang full length inside) and are taught to remove their best dresses as soon as they come home and place them in these sacks. This keeps the clothes away from the dust and dirt and it is surprising how much it helps in keeping them fresh looking. I do all my sewing, thus saving half dressmakers' bills as large as bills for materials. Until we were married my husband paid \$2 for his night shirts. I now make them for 55 cents. "M. A. L."

### LIPS AND TEETH

Lips are often pale and faded, rough or puffed and purple. The first two indicate a weakened constitution, a feeble circulation, or an anemic condition of the blood, and either of the three debilities requires the attention of a physician, whose directions should be obeyed. Lips that are obstinately brown, dry, and cracked indicate some disorder of the system, and no lip salve will soften them and restore their natural color.

When I look about me and see the misshapen teeth so many young women display when they open their lips to smile I think that these girls might feel a grievance against their mothers if they only realized it was through maternal neglect that their teeth are not beautiful. Few mothers understand it is impossible to attach too much importance to the care of their children's teeth. How many times do you hear, "O, these are just her first teeth; I will take her to the dentist and see that they get good care when she gets her second ones." But the first teeth must be kept strong and healthy to insure a good quality in the second or permanent teeth. The first teeth nourish the second before the latter come through, and when the baby set comes out too soon the second is weakened because the teeth lack the elements they should take from the natural supply of nourishment. If the first teeth are allowed to stay in too long the second are stained and often crooked. Indeed, the most frequent

cause of uneven teeth is that the milk set is not removed soon enough, which forces the second growth out of the natural position.

If the baby teeth are properly taken care of, children as a rule lose the first set at the proper time. If neglected, the teeth decay and come out a long time before they should. There are, however, cases where even with the best of care the first teeth stay in too long and must be pulled. A mother cannot decide this question; only an experienced dentist can tell whether the first teeth should be let alone or pulled.

One of the first things to teach a child after it is able to do anything for itself is the use of a toothbrush, and the mother should be particularly careful that the brush is the right quality and size. The aversion of most children to a toothbrush is often explained by the fact that the bristles hurt and unconsciously the idea of pain is associated with toothbrushing. However, with the proper brush the brushing of teeth can be made into a kind of little game which all the children will love to play and for which the prize is mother's kisses. Every mother can withhold her kisses from the child who refuses to brush his teeth.

Remember: The bad teeth of all these poor school children is not as much due to malnutrition and bad food as to lack of care on the part of the mothers.

### HOUSEHOLD HINTS

Paint can be made bright by rubbing down with kerosene.

An enameled or zinc bathtub can readily be cleaned by using powdered pumice stone or rubbing with a cloth saturated with coal oil.

Salt will remove the stain from silver caused by eggs when applied dry with a soft cloth.

A oilcloth is occasionally rubbed with a mixture of beeswax and turpentine. It will last longer.

Never keep vinegar or yeast in stone crocks or jugs; their acids attack the glazing, which is said to be poisonous. Glass is better.

For cleaning glass water bottles save coffee grounds, add soapy water and let stand awhile, then shake vigorously, wash and rinse. Some enchanting new slippers of old fashioned chintz patterns—even tropical birds and gay colored fruits.

### HOW TO SERVE STRAWBERRIES.

This is one of the finest berry markets in the world. We have strawberries of the richest, most delicious flavor of any fruit growing section in the entire west and they are generally within the means of all and can now be obtained in great perfection. Large, fine strawberries are served for luncheons and breakfasts, with their hulls on, accompanied by a little fine sugar. There is a fallacy that berries should not be washed, but for sanitary reasons it is far better that they should be washed lightly and quickly in cold water. This should always be done before the hulls are removed, to avoid the berries becoming water soaked. Place the berries in a colander and allow cold water to run on them a few seconds and allow them to drain thoroughly before removing the hulls. Sugar should be passed with the berries, not sprinkled over them before serving.

**Strawberry Shortcake.** Four cups sifted flour, three heaping teaspoons baking powder, one heaping spoon salt, one teaspoonful butter, one teaspoonful cottage, milk, two

quarts strawberries. Sift the baking powder and salt with the flour and rub into the shortening. Then with a fork stir in lightly and quickly sufficient milk to make a soft dough, but too soft to roll. Turn it into a greased tin and bake in a hot oven 30 minutes. Watch to see that it does not brown too quickly, unroll and leave it inverted. Cut a circle around the top within one inch of the edge, lift off the surplus crust and with a fork pick out the crumbs from the center, leaving about three-quarters of an inch of biscuit around the side. Spread the inside of the cake with butter and fill with crushed strawberries, which have been standing for an hour or more mixed with sugar enough to sweeten them. Replace the circle and cover top with the strawberries. Another method is to bake the dough in two layer cake tins and place the berries, after buttering thoroughly between and again on top. Meringue is often added in place of berries on the top.

### Strawberry Rolls.

Slice one cup strawberries and sprinkle over them one tablespoon lemon juice and four tablespoons sugar. Remove crusts from five thin slices of bread, spread with creamed butter and then with the berries. Roll and tie with baby ribbon.

### Fresh Strawberry Pie.

Bake a bottom crust, using extra care. Punch holes in bottom and sides to prevent its getting out of shape. As soon as it is baked sprinkle the inside with sugar and fill with ripe berries, well dredged with sugar. Cover with sweetened whipped cream and then cover all with a meringue of the frothed whites of two eggs mixed with two tablespoons sugar and a dash of lemon juice. Invert a plate in the oven, place the pie on top of it and brown. If the work is carefully done the berries will not be even heated and the result delicious. The pie should be thoroughly chilled before serving.

## BAR THE GERM

One thing is certain—the busy little germ is responsible for about all the ills that flesh is heir to, and if we can bar its entrance we can keep our systems free from the seeds of disease.

The natural cavities of the body and the openings afforded by cuts, scratches or insect bites are the points we should guard, and it is not enough to just keep them clean. The germ is persistent, aggressive, and more than cleanliness is necessary to quiet its activity.

Keep the germ out by destroying it. Make the fight offensive instead of defensive. Nip trouble in the bud. The daily use of a reliable Peroxide antiseptic as a mouth wash or douche, or applied locally to cuts, bruises, scratches or insect bites, will do this promptly and effectively.

The best antiseptic to use is LISTERINE. It goes farther than Peroxide of Hydrogen by uniting with that most efficient germ destroyer, the remedial and antiseptic properties of Thymol, Menthol and Eucalyptol.

These valuable elements take up the work where Peroxide of Hydrogen leaves off and with their help LISTERINE not only destroys the germ but in some degree repairs the damage the germ has done.

Ask your druggist for LISTERINE, you will delight in the purifying, refreshing sensation that it gives. 25 cts., 50 cts. and \$1 a bottle at A. R. McIntyre, Drugs, 2421 Wash. Ave.

**\$1.10 Round Trip to SALT LAKE via OREGON SHORT LINE account Mutual Improvement Associations**  
On sale June 5th to 8th, inclusive. Return limit June 12th. City Ticket Office, 2514 Washington Ave.



## ZABEL GOES TO HELENA TEAM

Kansas City, June 6.—George Zabel, pitcher of the Kansas City American association baseball club, has been sold to the Helena, Mont., team of the Union association. Manager Carr announced tonight.

### RUSHING THE WORK ON CANYON HOSTELRY

Salt Lake, June 7.—The plan to construct an elegant summer hotel at Point Lookout in Emigration canyon, which is being promoted by the National Real Estate & Investment company, received the hearty endorsement of the Commercial club publicity bureau at an executive meeting of the board held yesterday. The bureau will give the proposed resort wide publicity in its regular boost work for Salt Lake and environs. Besides the National company, C. N. Strevell and J. H. Paterson of Salt Lake are interested in the project. Full details of the plans for the proposed structure were given out yesterday by the two local promoters. The committee was informed that the Emigration Canyon Real Estate company had agreed to extend the line to the new resort site and an automobile road is to be constructed. The backers expect to have the resort ready

## GOVERNORS ADDRESSES

**Haines of Idaho and Carey of Wyoming Talk on Conservation Policies and Schemes—Closing Session of Conference at Salt Lake**

Salt Lake City, June 7.—The closing sessions today of the conference of western governors were devoted mainly to drafting an address to the public outlining what changes were considered advisable in government control in natural resources in order to obtain the highest efficiency.

**Carey's Address.** The desire of a nation to increase its population and the desire of a state to enhance its richness and make fertile soil out of millions of acres of barren lands were the forces which influenced Governor Joseph M. Carey of Wyoming, to father the congressional bill known popularly as the "Carey Act."

In discussing the act itself, before the conference of western governors today, Governor Carey said:

"It simply means the granting of lands that are arid—such lands as will not produce crops without artificial irrigation—to certain states having within their borders large bodies of unappropriated public lands, on condition that the states cause the lands to be reclaimed and settled by actual settlers in tracts not exceeding 160 acres to each individual."

"There are in course of redemption in all the states, probably 6,000,000 acres under the act. We have every faith that the unfavorable conditions which heretofore have been encountered will be removed in the future and that the friction which has arisen between the state authorities and the authorities of the United States will be found not to exist in the future. I believe that fully 20,000,000 acres can be redeemed in the arid land states under the act. I regret that save in my own state I could not find satisfactory information to give in detail what has been accomplished."

The speaker urged his conferees to use every influence possible to have their states take full advantage of the Carey act. He said: "The people of the United States should leave nothing undone to carry the time when lands shall be available for settlers and newcomers. Some of the states which have taken advantage of the Carey act have greatly increased their prosperity and individual welfare of their inhabitants."

### Haines' Address.

"How Idaho Views Federal Control of Our Unappropriated Forest Areas," was the subject of an address by Governor John M. Haines of Idaho before the Conference of Western Governors here today. Governor Haines expressed the general approval of the National Conservation policy and thought that, however, it might oppose it, it was too firmly established for its most violent critics to advocate its abandonment and a return to former conditions.

"In the matter of the attitude which the government should maintain with reference to the disposition of agriculture land in forest reserves," said Governor Haines, "I wish here and now to advocate a complete change of policy either by department regulations or congressional enactment. I desire to see all agriculture land in forest reserves, with the exception, perhaps, of certain areas on which the stand of timber is particularly heavy, thrown open to the homesteaders on exactly the same terms as agricultural land not included within such reserves. I desire to see the homesteaders constituted the judge in the first instance whether the land he desires to enter is agricultural or not, subject, of course, to protest on the part of the forest officials if they do not believe the land susceptible to use for agricultural purposes. I would have such contests decided, not by the forest officials themselves, but by the officers of the land department or by specially constituted land courts.

"If the land is determined to be agricultural, entry should be allowed and patent granted, just as though the land were not within a forest reserve. The final allowance of the right to entry or of granting of the entry should serve as an automatic release of such land from the reserve in which it is included. Such a policy would promote the settlement and development of the west; it would not interfere in any manner with forest conservation on any land to which it should be applied, and it would be the senators and representatives in congress from the western states take up the fight for this change and never relax their efforts until it has been secured."

for opening by July 4 of this year, and a force of 109 men is now at work on the building.

According to the announcement made yesterday, the hotel will be three stories high with sixty-two sleeping rooms. It will be modern in every respect and all the usual resort features of mountain hotels will be included. It is proposed also to erect cottages in the vicinity and have moving picture shows, a modern cafe and other places of amusement.

## SENT TREATMENT OVER CABLE WIRE

San Francisco, June 7.—Stricken with convulsions at the lonely cable station on Fanning island, Dr. Herbert Metcalfe, resident surgeon, died in three days in spite of the cable prescription from the nearest physician, 2000 miles away, at Fiji. Employees of the cable company returning on the steamer Sierra brought news of the surgeon's death. Only a score of Europeans live on Fanning island, and none knew how to treat the invalid. For three days hourly bulletins of Dr. Metcalfe's condition were cabled to Fiji, and the doctor there cabled back instructions.

## CHILDREN IN A BASKET MARCH

The annual Children's Day services given by the Sunday school of the First Presbyterian church will be held tomorrow morning at 11 o'clock in the church auditorium. The program this year promises to be even better than in former years and will last about one hour.

The special features will consist of basket marching and each primary scholar who attends as a regular scholar will be given a hand-made basket.

The children should be present at 10:30.

## MOVIES FOR UNCLE SAM'S EMPLOYEES

Washington, June 7.—Through the award of contracts for several thousand feet of motion picture films, it became known today that the United States government is interested in the moving picture business on a large scale. The enterprise is being carried on by reclamation service in its camps in the west, a number of camps of which have been established owing to the prosecution of great irrigation projects and other irrigation work.

The "movies" furnish their part in the general scheme to keep the workmen and their families, isolated from the world, contented and happy.

According to an official statement in all the large camps, meeting halls are erected and a general club is erected, usually under the supervision of a representative of the U. S. M. C. A. The government furnishes books and daily papers and likewise provides lectures and engages the services of other entertainers for the workers.

The hall is also used for dances and other social entertainments but the moving pictures form one of the chief features of the entertainment supplied by the government, the films being passed from camp to camp.

Woman can stand more than man can. However, she isn't expected to suffer in silence.

## CANADA TO PAY FOR WARSHIPS

Ottawa, Ont., June 7.—Premier Borden announced in the house of commons yesterday that the Canadian government would pay for the three battleships which the British admiralty decided to construct after the Canadian senate had rejected the Canadian naval aid bill. This bill sought to appropriate \$35,000,000 to meet the cost of three dreadnoughts.

The premier's statement was called forth by Sir Wilfrid Laurier, leader of the opposition, who asked what the government proposed to do in view of the senate's rejection of the navy bill. Mr. Borden intimated that by the time the three warships were chartered, the government would have a majority in the senate and the naval bill would be presented again and passed.

A warm debate followed in which

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**World's Foremost Dramatic Soprano and Assisting Artist**

**PAUL DUFAULT ..... TENOR  
FRANKLIN HOLDING ..... VIOLINIST  
ROMAYNE SIMMONS ..... PIANIST**

**—with the—  
Ogden Tabernacle Choir**

**Tabernacle, Wed. June 11,  
8:15 P. M.**

**Tickets \$2.00 - \$1.50 and \$1.00**

**All Seat Reserved at Culley's Drug Store**

**OWN A HOME THAT WILL PRODUCE an income. A small Ideal fruit, chicken and garden farm. Close in. New 5-room modern brick bungalow, extra well built. City water, sidewalks, 7 chicken houses, tools, etc. Half block from car line. Will take a good lot, or a place in town in trade.**

**W. H. VOORHIES, Owner  
445 13th St. Phone 2445-W.**

Sir Wilfrid Laurier challenged the premier to go to the people on the naval issue.

## MARKET SUMMARY FOR PAST WEEK

New York, June 7.—Heavy liquidation of stocks upset the securities market this week and quotations at times declined with violence which threatened serious disturbance. The average price for the active stocks was forced to the lowest level of several years, and the market was nervous and unsettled much of the time, although there was some improvement toward the close of the week.

Conditions here were largely a reflection of unsettlement abroad. Liquidation of stocks here for London account was one of the principal factors in depressing the market. Disappointment was expressed at the latest plans for effecting dissolution of the Harriman group. The government weather forecast of the week, saying there was some shortage of rain likely, caused much fear for the outlook for the crops.

News from Washington regarding the supposed intentions of the attorney general to proceed against large corporations were associated with the marked weakness of various stocks. Bonds also were weak and some of

## Carnival

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M. S. Brown, Pres.; L. R. Eccles, Vice Pres.; G. H. Tribe, Vice Pres.; John Watson, Vice Pres.; John Pingree, Cashier; Jas. F. Burton, Asst. Mgr.

## Better Than Wealth

is perfect health; but to enjoy good health it is necessary first to get rid of the minor ailments caused by defective or irregular action of the stomach, liver, kidneys and bowels,—ailments which spoil life, dull pleasure, and make all sufferers feel tired or good for nothing.

## BEECHAM'S PILLS

(The Largest Sale of Any Medicine in the World)  
have proved themselves to be the best corrective or preventive of these troubles. They insure better feelings and those who rely upon them soon find themselves so brisk and strong they are better able to work and enjoy life. For that reason alone, Beecham's Pills are

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Keep out the flies—  
If you want to build, call at our yard—we have the largest and best stock in town at the lowest prices.  
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## Volker Lumber Co.

Yards at 237-245 24th St. J. W. F. VOLKER, Manager  
Phone 612.

**GRECIAN SIMPLICITY.**  
This dress was especially becoming to the blonde model, on which it was shown. The material is a cream white cotton sponge and the embroidery was worked in coarse gold colored silks.  
The waist was cut whole at the shoulders, being put on over the head and one underarm seam is then closed with tiny fasteners. The skirt opening is arranged under the waist which is of gold and blue changeable silk and is caught at the knot by an antique green brooch.